



Scalloped Corn and Broccoli

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce broccoli frozen chopped
- ☐ 15 ounce corn canned
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup mild cheddar cheese shredded
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar white

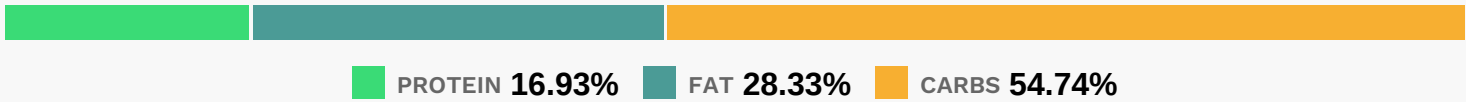
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the corn, eggs, sugar, flour and salt.
- ☐ Add the cheese and broccoli, mix well and pour into a 2 quart casserole dish.
- ☐ Bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:4.85, Inflammation Score:-6, Nutrition Score:11.514347802038%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 150.99kcal (7.55%), Fat: 5.11g (7.86%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 20.05g (7.29%), Sugar: 7.18g (7.97%), Cholesterol: 63.98mg (21.33%), Sodium: 670.65mg (29.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Vitamin C: 45.05mg (54.61%), Vitamin K: 48.47µg (46.16%), Folate: 73.69µg (18.42%), Phosphorus: 142.2mg (14.22%), Selenium: 9.5µg (13.58%), Vitamin B2: 0.21mg (12.62%), Vitamin A: 520.36IU (10.41%), Calcium: 99.78mg (9.98%), Fiber: 2.15g (8.59%), Manganese: 0.17mg (8.53%), Vitamin B6: 0.16mg (7.99%), Potassium: 274.6mg (7.85%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.67mg (6.73%), Magnesium: 26.83mg (6.71%), Vitamin B3: 1.15mg (5.73%), Iron: 1.01mg (5.6%), Vitamin B1: 0.08mg (5.25%), Vitamin E: 0.64mg (4.3%), Copper: 0.08mg (3.89%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.35µg (2.33%)